

1. An abdominal exercise system, comprising:
  - a rigid plate having a padded surface for engaging a portion of a user's abdomen;
  - a guide rod extending from the rigid plate through a block;
  - a spring having a first and second end, disposed about the guide rod, the first end in contact with the rigid plate and the second end in contact with the block, the spring providing resistive force against the motion of the rigid plate toward the block.
  - a back pad including a padded portion having a first surface for engaging an area of the lower back of the user opposite the user's abdomen, and a means for adjusting the distance between the back pad and the block, thereby also adjusting the resistive force provided by the spring.
2. The abdominal exercise system of claim 1, further comprising two handles connected on opposing sides of the block.
3. The abdominal exercise system of claim 1, wherein the adjustment means comprises:
  - a strap portion having two ends terminating at the block; and
  - means for securing the strap portion adjacent to a second surface of the padded portion.
4. The abdominal exercise system of claim 3, wherein the strap portion comprises a single strap adjustable via a buckle.
5. The abdominal exercise system of claim 3, wherein the strap portion comprises two straps each having a first and second end, said two first ends terminating at the block, and said second ends each connectable at a respective selectable position along the second surface of the padded portion.